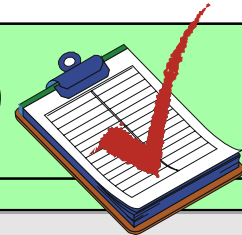


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Nov. 15, 2002

NEWS BRIEFS

CARTRIDGE COLLECTION

New Vision Industries, formerly the Kentucky Industries for the Blind has placed boxes in common areas on the fifth and sixth floors and the in the Health Services building for used copier or printer cartridges. Please place your used cartridges in the boxes provided. New Vision recycles used toner cartridges for resale.

Also, a reminder that the Kentucky Correctional Industries and New Vision Industries are to be given first and second consideration, respectively, when purchasing commodities made by those agencies pursuant to KRS 45A.470. Contact the Central Contracts and Procurement Branch with any questions at 564-6631.



TIP OF THE HEALTH WEEK

Spend 20 minutes a day doing something that is relaxing and not work related. Try taking a walk, stretching, reading a book, or doing yoga. These activities can help you keep your energy level up and feel better longer than eating a candy bar, drinking a soda, or eating a bag of chips.

Great American Smoke Out This Week; Benefits Listed

Thursday, Nov. 21, is the observance of the Great American Smoke-Out. Americans all over the nation will commit to quit tobacco use for the one day. More Americans try to quit smoking on this day than any other day of the year according to the American Cancer Society.

The Tobacco Use Prevention and Cessation Program is encouraging employees to take up the challenge.

How will you feel when you quit?

Immediately after quitting smoking you never again have to deal with the hassle of leaving your workplace, someone's home, your own home, a restaurant, or other

places to smoke.

Twenty minutes after quitting smoking, your blood pressure drops to a level close to that before your last cigarette. The temperature of your hands and feet increases, returning to normal.

Eight hours after quitting smoking the carbon monoxide level in your blood drops to normal.

Twenty-four hours after quitting smoking your chances of having a heart attack decrease.

Two weeks to three months after quitting smoking you have better circulation and your lung function increases up to 30 percent.



Health Services Employees Honored For Completing Management Training

In an awards ceremony on Nov. 7, state employees who had completed two management programs offered by the Governmental Services Center were recognized.

Several CHS employees were among those who completed the Kentucky Certified Public Managers program (CPM) or were awarded a Certificate of Management Fundamentals (CMF).

The 2002 Kentucky Certified Public Managers graduates are: Debborah Arnold, personnel administrator, Division for Quality and Human Resource Management; Clemen Botones, nurse service administrator-Mental Health and

Mental Retardation Services (MHMR); Brenda Ledford, nurse administrator-MHMR; Diane Lewis, citizens assistance specialist-Division for Quality and Human Resource Management; Barbara Murray, program coordinator-Department for Public Health (DPH); Phyllis Parker, health program administrator-MHMR; Ronald Rice, health program administrator-MHMR; and Andrea Willhite, nurse consultant inspector-Office of Inspector General.

The 2002 Certificate of Management Fundamentals recipients are: Linda Coomer, nurse consultant inspector, Department for Medicaid Services; Guy Delius, assistant director-DPH; John Hohman, training development specialist (Continued on Page 2)

“...promoting and safeguarding the health and wellness of all Kentuckians.”

HIPAA HOOPS



CHS Gets Hybrid Designation

The Privacy Rule included in the Health Insurance Portability and Accountability Act of 1996 (HIPAA) is final. One provision of the Privacy Rule recognizes that many HIPAA covered entities have different duties and are actually hybrids. For example they are employers as well as providers of health care, so that they would be “covered” by HIPAA “here” but not “there.”

CHS conducts both health care and non-health care business functions. So, rather than placing stringent privacy requirements on the whole Cabinet, a “hybrid” designation allows CHS to apply HIPAA safeguards for protected health informa-

tion (PHI) to just the health care sections and functions.

These are defined as health care components. Health care components within CHS can share health care information with one another without the requirement to establish a business associate agreement or to acquire patient authorization.

For example, employees within an accounting division may be designated as a health care component – “covered” - to the extent that they provide services to another covered component. Where the same division also provides services to non-covered components of the entity, those functions would not be regulated by

HIPAA. The hybrid entity status will provide the Cabinet for Health Services the flexibility to apply the Privacy Rule as best suited to the structure of our organization, while maintaining privacy protections for protected health information within the organization.

In addition to how the CHS health care components interact, CHS agencies access or transmit protected health information, and conduct business with HIPAA covered entities external to the Cabinet. The Privacy Rule will also effect those transactions, so look for more information in this column in the future.



Health Forum Held At CSH

Thanks to the sponsorship of the Office of Women’s Physical and Mental Health, Central State Hospital held its first Women’s Health Forum on Oct. 28.

The Forum offered educational sessions on hot topics for women, including the importance of calcium in a woman’s diet, benefits of exercise to cardiovascular health, and ways to gain new health information using the Internet.

Visitors enjoyed several interactive exhibits, including body composition analysis, “Derma-Scan,” and blood pressure checks. Among the most popular were sessions featuring healing touch and massage therapy, focusing on positive ways to get the stress out. Approximately 80 women attended, including patients, employees and consumers.



Management Training (continued from Page 1)

II-MHMR; Teresa Horn, data entry supervisor-DPH; Lewis Melson, systems support technician I-MHMR; Jennifer Moore, microbiologist II-DPH; Marcella Moore, personnel management specialist III-MHMR; Sara Moreland, personnel administrator-Division for Quality and Human Resource Management; Karin Nunn, program investigative officer I-Office of Inspector General; Freda O’Neal, mental health program educator/coordinator - MHMR; Jack Phipps, administrative branch manager-DPH; Thomas Smith, clerk III MHMR; Tresa Straw, personnel branch manager-MHMR; Ronald Stewart, charge nurse-MHMR; and Joseph Turpen, microbiologist III-DPH.

The Kentucky CPM program, of which the CFM is the first phase, is

one of 20 nationally accredited public management programs in the United States. The programs are geared toward managers of people, programs and projects or those individuals who demonstrate outstanding potential. The workshops cover such topics as process improvement, strategic planning, improving relationships at work, and organizational diagnostic tools and techniques.

For more information about the CMF or CPM, contact Kathy Wade at 502/564-8170.



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